

< SSNS CAPITAL REGION SNOWBOARD RACES 2025 >

Capital will be races with Western but results will be separate

DATES:

Regular Season	Tuesday 11 Feb 2025	@ Martock
Metros	Tuesday 18 Feb 2025	@ Martock
Regionals	Tuesday 25 Feb 2025	@ Martock
Provincials	There will be no provincial championships this year. Due to not enough regions competing.	

REGISTRATION:

Register your team(s) by email to Dan Ray (and Steve Miller) at the addresses below
Register by 4pm on the last school day before the race
Each school can enter more than one team

Please fill in the spreadsheet attached to this email and return it to

Dan Ray: dray@gnspes.ca
and
Steve Miller millers18@gnspes.ca

Please group your teams together Please save it to your desktop and rename it to include your school name before you send it back to me. Please use the drop-down choices in the spreadsheet.

CLASSIFICATIONS:

Senior/Intermediate and Boys/Girls

Senior – Second and third year of high school
Intermediate – Grade 9 and first year of high school
Juniors - grade 7 and grade 8 students

(*Juniors are only for schools that have grades 7-12)

See attached for roster format.

STUDENT ELIGIBILITY

24.2.1 All eligible student athletes as per rule 2 (Student Eligibility).

24.2.2 In order to compete in the SSNS provincial championships, an athlete must have competed in at least one regional race. (i.e. an intermediate snowboarder may not compete with the senior snowboard team at the provincial unless they have snowboarded at least half of the regional races as a senior).

REGIONAL REPRESENTATION

Top Two (2) teams per Region/Classification and the remainder of any of the top FIVE (5) finishers.

24.3.1 - A team shall consist of a maximum of five (5) and a minimum of three (3) riders.

A snowboarding team can have as few as three (3) and up to five (5) snowboarders in an age category. The top three (3) times will be added to formulate a team time.

Changes: must be approved at SSNS Workshop prior to implementation

Results: Emailed

Gate Judges: Please have at least one representative per school to volunteer with management tasks, such as gate judges, starters, timers etc.

Contact Info: Dan Ray (Auburn Drive High School)
(902) 717-7498 (cell)
dray@gnspe.ca

SKI RACE DAYS:

Registration:	12:30 pm -1:00 pm
Informal Coaches meeting:	12:50 pm
Course Inspection:	1:00 pm
Racing starts after inspection is complete:	1:30 pm (if possible)
Depending on numbers we should be finished racing around	3:30-4:00

Schools responsibilities on race days: schools must have coaches available to work on the hill on race days.

- a. Starters
- b. Gate judges
- c. Finish line
- d. Timers
- e. Results

School coaches or supervisors should be equipped to go outside and work at the races. We will also need help setting the course. We have someone to be in charge but we will need lots of hands to lug and carry.

FEES:

\$40.00 per team, \$10.00 per individual payable to Ski Martock all racers must have a season pass or purchase a lift ticket for competition.

Martock provides coaching and training space for school snowboard and ski teams. Training lanes are available Monday and Friday afternoon and evenings. Coaching is provided by certified ski and snowboard coaches.

SSNS Training and Competition Rate

Lift Tickets & Rentals

Lift & Rental – \$30.00

Lift only – \$20.00

Helmet – \$10.00

Coaches – 2 complimentary tickets per team

Training – Monday and Friday, 4:00PM – 8:00PM (per hour)

1 Coach – \$40.00 (includes lane)

2 Coaches – \$60.00 (includes lane)
Lane only – \$40.00

More detailed fees @ [SKI MARTOCK](#)

**Nova Scotia Department of Education
Physical Education and Safety Guidelines
for Skiing (Alpine)/ Snowboarding Grades 4-12 only**

Equipment

- A first aid kit and phone must be readily accessible. (See Generic Issues.)
- All bindings must be in working order and set to the proper tension.
- All bindings must meet with current approved guidelines.
- When renting equipment, boards, skis, and poles of the proper length must be selected for each student. The edges and bases must be in good repair.
- Boots and bindings must be thoroughly compatible.
- If equipment is borrowed, bindings must be inspected and adjusted by a knowledgeable equipment technician on site.
- Helmets must be worn at all times.
- An emergency action plan must be established.

Clothing/ Footwear

- No long scarves.
- Long hair must be tied back or tucked in.
- Clothing must be adequate for winter out-of-doors activity.

Facilities

- Only commercially operated ski facilities with suitable teaching areas (gentle slopes) must be used. The area must be patrolled by members of a recognized ski patrol.
- Define the skiing area to the students so they are aware of the boundaries for the activity.

Special Rules/ Instructions

- Students must be taught the importance of skiing/snowboarding in control at all times. Students must not be doing hot-dogging or jumping activities.
- Students must be thoroughly familiar with alpine safety rules (including lift procedures) and the role of the ski patrol.
- Prior to the activity, discuss proper clothing and how to recognize and treat frostbite and hypothermia.
- Parents must be informed by letter of their child's involvement in skiing and be made aware of the importance of suitable clothing and equipment.
- Parents must be informed of the importance of sun protection (See Appendix A).
- The teacher must be aware of the students with a history of medical ailments (eg. asthma, seizures, heart conditions, severe allergies).
- All students must be tested and grouped appropriately as determined by a qualified ski instructor. Those identified by the instructor as needing instruction must participate in a lesson.
- Students must ski in areas identified as appropriate by the qualified ski instructor and must be supervised in those areas. The qualified ski instructor also identifies which ski trails students may not ski on.

Supervision

- In-the-area-supervision
- Duties of the supervisors must be clearly outlined including circulating to all hills that students are using for skiing and snowboarding.
- A vehicle must be accessible for emergency purposes.
- Designate a supervisor (e.g., teacher or parent) to transport an injured student to

hospital. This parent must not be in charge of the trip.

- Supervisor: student ratio, 1:8 (1:15 for Sr High)